



Contact us

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[Facebook](#)
[Website](#)

News & views – March 2023

Beaver Lake Lodge Becomes Home to In-Person Activities!

Sammamish Seniors is transitioning to support in-person senior programming to start at Beaver Lake Lodge in March to be led by Indian American Community Services (IACS), a nonprofit organization providing programs, services, and advocacy for people of all ages and life stages since 1984. (<https://iacswa.org/services/seniors/>)

While focusing on the Indian American community over the years, IACS is expanding programs cross-culturally for older adults in a pilot program funded by the Sammamish City Council to be provided on Mondays, Wednesdays, and Fridays.

We encourage adults of all ages to drop by the lodge for activities of interest. We will maintain our www.sammamishseniors.org website for your ongoing access to community resources and summaries of our weekly speakers' "community conversations" topics over the past year.

The Sammamish YMCA will continue its weekly Friday "drop in" adult in-person gatherings in the Rotary meeting room from noon to 3pm for both Y members and non-members.

You may continue to reach us within Sammamish Friends with our emails by first name: name@sammamishfriends.org and via sammamishseniors@gmail.com.

INFORMATION ABOUT TIMES
AND ACTIVITIES AT THE
LODGE WILL BE PROVIDED AS
WE LEARN THEM.

Your Sammamish Seniors "Core Team" since 2019:

Joyce Bottenberg, Tom Ehlers, Sally Farrell, Don Gerend, Margaret Rosenow

In this issue

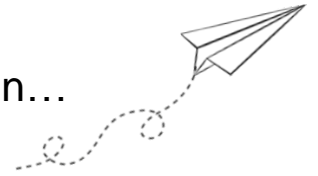
Pg 2: Community Conversations in March

Pg 3: Neighboring Senior Activities

Pg 4-6: What is happening in our community?



Community Conversations in March Zoom on in...



Date	Topic
<p>March 1 Wednesday 1pm</p> 	<p>Wisdom Café - Which modern inventions changed your life? TV, cell phone, computer, FB, electric refrigeration, eBooks microwave, or something else? Let's reflect on how far technology has come and how different our lives are today with it!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE. Meeting ID: 839 0996 5111 Passcode: 786920 One tap mobile +12532158782,,83909965111#,,,,*786920#</p>
<p>March 8 Wednesday 11am</p> 	<p>“Coffee” with City Manager Scott MacColl. Scott brings experience in regional and local relations, lobbying, advocacy, and strategic communications. Bring your questions for our Q&A.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE. Meeting ID: 812 7143 5826 Passcode: 776395 One tap mobile +16694449171,,81271435826#,,,,*776395#</p>
<p>March 15 Wednesday 11am</p> 	<p>Book Club - The Go-Giver by Bob Burg and John David Mann. Imparted with wit and grace, <i>The Go-Giver</i> is a heartwarming and inspiring tale that brings new relevance to the old proverb “Give and you shall receive.” Please join us whether you’ve read the book or not!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE. Meeting ID: 885 1566 5525 Passcode: 122731 One tap mobile +12532158782,,88515665525#,,,,*122731# US</p>
<p>March 22 Wednesday 11am</p> 	<p>Learn more about “Great Places for Walking in Sammamish and the Eastside” with Janice King, a volunteer Sammamish Walks leader and author of the local guidebook, Eastside Seattle Walks. She’ll share insights about what makes our local parks and communities so great, whether walking alone or with family and friends.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE. Meeting ID: 814 2579 9773 Passcode: 778975 One tap mobile +12532158782,,81425799773#,,,,*778975# US</p>



March 29
Wednesday
11am



**What's new and planned for the Town Center with Matt Samwick,
President of Innovation Realty Partners, LLC**

Zoom link:

To connect to the Zoom meeting, click [HERE](#).

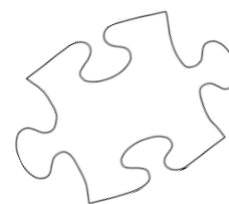
Meeting ID: 848 8147 1787 Passcode: 637713

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Our previous Community Conversation notes can be found on the
website [HERE](#)

Neighboring Senior Activities

Neighboring senior/community centers provide virtual and some in-person activities including fitness. Note that registering for some activities is important. Some offerings have fees.



North Bellevue Senior Center (425-452-7681)

[Programs](#)

Issaquah Senior Center (425-837-3339)

[March newsletter](#)

Mt. Si Senior Center (425-888-3434)

[March newsletter](#)

Redmond Senior Center (425-556-2300)

[March newsletter](#)

SnoValley Senior Center (425-333-4152)

[Programs](#)

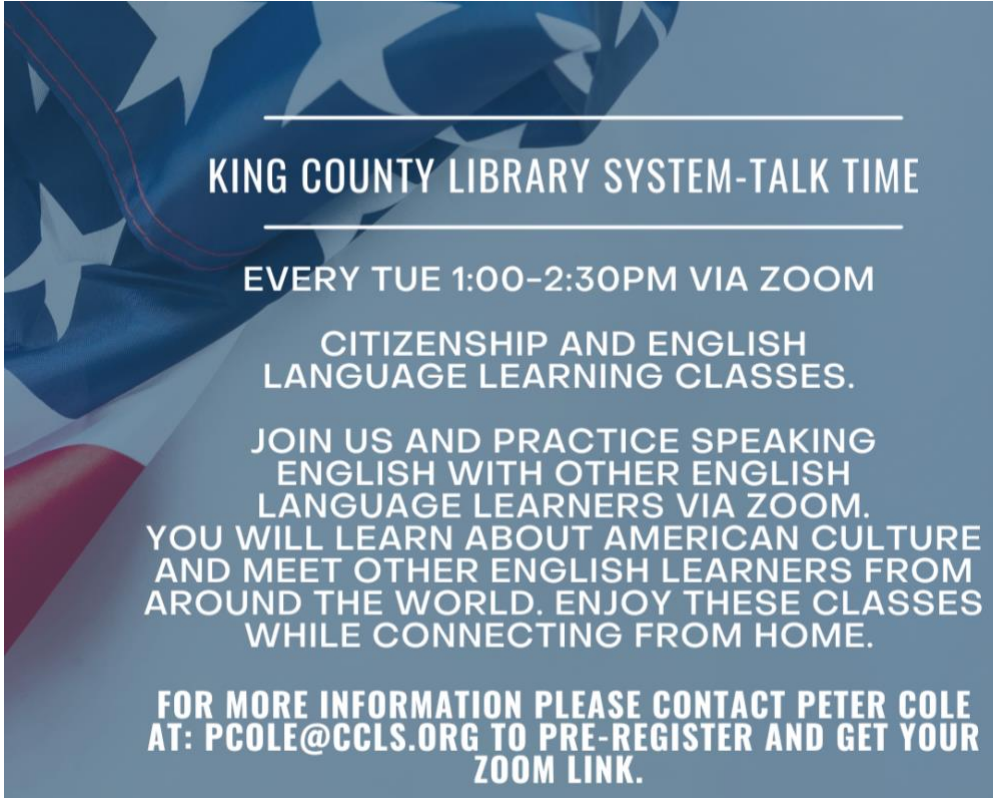
Indian American Community Services (253-234-9989 - ext. 3)

[Indian American Community Services website](#)

To register: admincoord@iaww.org or 253-234-9989 ext. 3



What is happening in our community?



KING COUNTY LIBRARY SYSTEM-TALK TIME

EVERY TUE 1:00-2:30PM VIA ZOOM

CITIZENSHIP AND ENGLISH LANGUAGE LEARNING CLASSES.

JOIN US AND PRACTICE SPEAKING ENGLISH WITH OTHER ENGLISH LANGUAGE LEARNERS VIA ZOOM. YOU WILL LEARN ABOUT AMERICAN CULTURE AND MEET OTHER ENGLISH LEARNERS FROM AROUND THE WORLD. ENJOY THESE CLASSES WHILE CONNECTING FROM HOME.

FOR MORE INFORMATION PLEASE CONTACT PETER COLE AT: PCOLE@CCLS.ORG TO PRE-REGISTER AND GET YOUR ZOOM LINK.

Sammamish Arts Commission presents:

ARTFUL STORIES AND COMMUNITY NARRATIVES

February 3 - April 28, 2023
Sammamish City Hall Commons Gallery
801 228th Avenue SE, Sammamish 98075
8:30am - 5:00pm M-F

COMMUNITY PROGRAM:

THURSDAY, MARCH 9, 2023

6:30 - 7:00PM EXHIBIT TOUR IN THE COMMONS GALLERY

7:00 - 8:30PM STORIES AND TELLING IN COUNCIL CHAMBERS- AN EXHIBIT TOUR + PROGRAM TO PRESENT AND GATHER STORIES, TO CREATE COMMUNITY AND FOR MAKING CONNECTIONS.

AN EXHIBIT OF WORK BY ARTISTS WHO HAVE USED THEIR ART AS A NARRATIVE FOR THEIR STORIES OR JOURNEYS - PERSONAL STORIES THAT ARE RELATED TO WORLD EVENTS, CULTURAL OR FAMILY TRADITIONS - STORIES/EXPERIENCES THAT RECALL EVENTS OR LIVED EXPERIENCES THAT ADD TO THE UNDERSTANDING OF AMERICA'S FABRIC.





Sea Mar

Community Health Centers
Clínica de la Comunidad

Exceptional service. Every person. Every time.

SeaMar Visits! 9:00 AM to 2:00PM

1st Mon, Issaquah Senior Center

2nd Mon, Mt. Si Senior Center

4th Mon, Sno-Valley Senior Center

We partner with SeaMar to bring the community together.

Offering translated integrated programs for Spanish speaking elders living in the Snoqualmie Valley. Always wanted to learn Spanish? Do you speak Spanish and want to share conversation with friends? Patrons enjoy lunch, play games and make new friends three Mondays per month.

Contact Senior Hub Coordinator, Valerie Stewart at 206-779-2011 or SeaMar Senior Advocate, Clemencia Robaya at 425-373-6587 for more information.



Private Phone Calls with a social worker can help you navigate resources and tackle a wide variety of issues or obstacles you may be facing.

How to get started:

Please email, text, or call to connect!
Erin Longchari, Director of Operations
& Programs

Cell phone (call or text): 206-569-8560
erin@issaquahfoodbank.org





Earth Day Celebration

Saturday, April 22, 2023

11am - 2pm

Beaver Lake Lodge

This event will feature crafts, activities, info booths, prizes, food trucks, performances, petting zoo, scavenger hunt & many more!
All ages welcome!

THE FAR EAST SENIOR HUB IS IN THE PLANNING STAGES OF OUR
1ST EVER, SPRING FLOWER FESTIVAL.

**THIS YEAR THE EVENT WILL BE
HELD AT MT SI SENIOR CENTER ON MONDAY, MAY 1ST, 2023, AND
WE NEED YOUR HELP!**

ARE YOU A PART OF THE SNOQUALMIE VALLEY COMMUNITY AND
HAVE A DESIRE TO SHOWCASE YOUR TALENTS AS A FLOWER
GROWER, ARRANGER OR CRAFT PERSON?
THE SPRING FLOWER FESTIVAL WILL DRAW FESTIVAL-GOERS FROM
ALL OVER KING COUNTY AND WE'D LIKE TO INVITE YOU TO HELP
US ORGANIZE AND GROW THIS EVENT.



**INTERESTED? PLEASE REACH OUT TO F.E.S.H. COORDINATOR
VALERIE STEWART AT
VALERIES@SOUNDGENERATIONS.ORG FOR MORE INFORMATION.
OR CALL: 206-779-2011.
THANK YOU!**

